

Are
you going
through a
difficult
time?

Are
you finding
it hard to
know what
to do?

Do you
want to improve
your mental
health along with
your physical
health?

At All about You Therapy you can:

- Get the right support at the right time, to get you to a better place.
- Improve your health and wellbeing in a relaxed and supportive way.
- Redirect your future through a supportive, calm and safe approach.
- Talk to a trained professional and get all the help you need to get back on track.
- Work with a therapist you can trust to get the best results.
- Get Counselling and/or Hypnotherapy all in one place.

 **07583 337207**

 debbie@allaboutyou-therapy.co.uk

 www.allaboutyou-therapy.co.uk

Treatments to support you with a range of different issues including:

- Stress
- Low Mood, Depression & Self-Harm
- Anxieties, Fears, Phobias & Obsessions
- Low Self-Esteem & Confidence Building
- Attachment & Relationship Difficulties
- Panic Attacks
- Weight Loss
- Stop Smoking
- Eating Disorders
- Financial Stress
- Sexuality
- Work Issues
- Pain Management
- Sleep Problems
- Anger Management
- Significant Life Events, Bereavement, Trauma & Abuse
- Unwanted Behaviours
- Alcohol & Drug Related Problems

Specialised Support for Children & Young People

- Exam Stress
- School Phobia
- Autistic Spectrum Disorder
- Attachment & Separation Anxiety

Type of support Available:

- One to One Therapy
- Small Group
- Relaxation
- Walk & Talk

Book an appointment today and know that you don't have to go through this alone

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